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PAGE TW I was given a workbook entitled "roga for wimps: This book is many a rehable book for spinal proplems yet something, clicked in me that now, I grasp things more readily and inderstand what others are trying to expess. I grasp things more readily and inderstand what others are trying to expess. Most of the time I can do this but I still can it do this when people. Most of the time I can do this but I still can it do this when people. Therefore me and make me upset. I can yet and hope no one will ever make therefore no make the spinal spin happes and prayers for since I was very young this has been one of my happes and prayers for since I was very young this has been one of my happes and prayers for everyout to lave and always get along and be kind. I have never has any everyout to lave and always get along and be kind. I have never has any everyout to lave and always get along and be kind. I have never has any everyout to lave and always get along and be kind. I have never has any everyout to lave and always get along and be kind. I have never has any everyout to lave and second the sean of the same interests as I well have many acquaintances and if given time work of surely many places but never get real close to people because were plusys many places but never for exersize and healthy living and feel very strongly that I may preponent for exersize and healthy living and feel very strongly that I may preponent for exersize and healthy living and feel very strongly that I may preponent for exersize and healthy living and feel very strongly that I was a proper should be get ting the paycheds that those are teachers and professors should be getting the paycheds that these are transfers at the payon I was always from gangs. You can be with her again, ms. Tried to get them away from gangs. You can be with her again, ms. Tried to get them away from gangs. You can be with her again, ms. Tried to get the naway from gangs. You can be called this at the head cec. The aprist at learned so much about the much with livin an

Case 1:04-cv-00167-SOM-KSC, Decument 190-5 Filed 07/18/2006 Page 2 of 5 all and even if I did it walfurt do me any bit of good because my wife's uncles and casin are prominent afterneys here in Hawaii and mom, is uncles and casin are prominent attorneys here in Hawaii and mom, is
a farmer bureacrat and Ilve mether Friends, Cec Heftel Patsy Mink
and other very influencial paver people. And without Lynn who I keep thinking
is going visit or see me when I have my next birthday or Christmas what
good is anything any more without Lynn. Often I can not eat or do not
enjoy the food because I feel it is not fair Lynn is not partaking with
enjoy the food because I feel it is not fair Lynn is not portaking with
me. I am so miserable deep inside, it is not describable in words.
Physically I am a wreck. I was severly hurt here in jail in 1994.
Perhaps it was revenge from my sweeting is family is contacts but now
Perhaps it was revenge from my sweeting is family is contacts but now
my A.C.L. in my left knee is detached and I am in vrgent need of
my A.C.L. in my left knee is detached and I am in vrgent need of
a knee re-construction so I may Function normally but I am denied
a knee re-construction so I may Function normally but I am denied
wifels treatment. My name was put out so negatively and with my
wifels family's connections not are single lawyer will take my
wifels family's connections not are single lawyer will take my
medical case. Every time I had an attance who was starting or wife's Family's connections not one single lawyer will take my medical case. Everytime I had an atterney who was starting or medical case. Everytime I had an atterney who was starting or willing to start a soit they always got pressured to pull out From representing me. From the shooting of I m not singling the From representing me. From the shooting of I m not singling the hornal due to physical ailments. My right hand is partially normal due to physical ailments. My right hand is partially normal due to physical ailments. My right hand is partially but the problem the problem is the Functioning of my that isn't the problem the problem is the Functioning of my that isn't the problem the problem is the Functioning of my that isn't the pain I still often get there but the knee is right hand and the pain I still often get there but the knee is right hand and the pain I still often get there but the knee is and mental anguish is much much wase. Sod little Billy ar son, when and mental anguish is much much wase. Sod little Billy ar son, when I dream of him he is always very young like 5 or 4 or 6 years old though I dream of him he is always very young like 5 or 4 or 6 years old though I layed to provessed how when he is always very work which was mecully and kapitalai go From our home in Kaimulki to her work which was mecully and kapitalai and also to go to her aym which was Kald's Gym on Kapitalani as well. no also to go to her gym which was gold's Gym on Kapidlani as well.

I told her if she dever die I would kill my self and she told me if something ever happened to her I got to take good care of Billy I miss my sweetie everyday and everynight I pander aid lang For my soul mate and psychic twin, I've Felt harrible cold deathly chill a very cold empty chill very often Do you know what its like to lose the most dearest, closest and most cherished preclas thing in var life. Then multiply and magnify that the same vile criminal people I ve always tried to put away and that I the same vile criminal people I ve always tried to put away and that

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I've always had distain and contempt For. So you can best believe I've been in utter torment since Sept. 1992. When people ask I tell them I killed my mam, my sister and my best Friend. And its true Lynn is and. was all these things to me. My wife and I were the nicest people, most compossionate helpful caring people you'd ever known. We were very nostalgic. You would of laved us especially Lynn. I believe can use my many many varied experiences to assist others not just individuals but government ageries and other groups. What is the point of Liberty if there is no truth. I want to be patriotic to the max and have others rekindle their patriotic Fervor. But I can't be proud to be an American because I'm a Coward. I'm too paranosd. I've been damaged goods since He 70's. But I truly, Truly appreciate what they we done. Our vets gave up their tomorrows so we can have ar todays. I've been serving as a conduit, with positive bereficial healing, and patriotism are areas I want to emphasize because worst than ever before ar Nation 13 heading into a very very severe catalogsym. I try with this people around here. I'm always scorned here and messed with. I don't fit in at all. On the atside Lynn 71 and I recommended to the State to have police substations put up in Walpahu after a roadside visit there in the 80's also in the 80's she wrote For me a draft to recommend broycle cops in Kalihi and downtown. Now I hear we only have 2 Cushmans left in Warkiki and soon those two will be phased at what is going on? And now the Pros Office Intake has only 2 offeness doing intoke who we had affect three in the past so now these rotten larcenists aren't in dann joil or prison where they below. reccommend to you wether your male or temple to contact encerned Wanen of Today POBOX 6700 Washington D.C.

looked up to were Ab Lincoln of course, Betrand Russel, Martin Luther King, Mother Teresa, Nicolai Tesla and present day all the professors at the N. I. H., Dr. Allan Ticharal and his wife Dr. Joanie Dobbs aver at U.H. Lawrence Milki who was both a doctor and lawyer.

Also ar military peace keeping forces was lowide and ar coast guard and

Also ar military peace keeping forces was lowide and ar coast guard and

all the good mannered and courageous uncorruptable law enforcement people especially the officers working in the big cities and on at dangerous roads and

ecially the officers working in the big cities and on at dangerous roads and all the good mannered and curageaus uncorruptable law enforcement people expectable the officers working in the big cittles and on at dayeaus poas and currelletable highways. I remember stigning the Brady bill roster that work and bade in 1981 after President Reagon and people school. I reed all I we dways been anti- bardyn since I was ingrade school. I reed all I we dways been anti- bardyn since I was ingrade school. I reed all I we dways been anti- bardyn since I was ingrade school. I reed all I we dways been and it was ingrade school. I had be destroyed. The palice can have rifles and machine guns and even them be destroyed. The palice can have rifles and machine guns and even the other stuntype ammo. I remember when Rosgan and Brady were short of the stuntype ammo. I remember when Rosgan and Brady were short of the stuntype ammo. I remember when Rosgan and Brady were short of the stuntype ammo. I remember when Rosgan and Brady were short of the stuntype and pople of March 19, and I could be suffered and a weapon to the stunty shoot a weapon to read the store of the short and a stunty lave the animals they will some eat and at well respect hunters who truly lave the animals they will some eat and at well respect hunters who truly lave the animals they will some eat and at well respect hunters who truly lave the animals they will some eat and at well respect to the proportion of the stunty will some eat and appropriate really repeted and appropriate really really repeted and appropriate really repeted and appropriate reall

out to harm me. Like I said they mained me in my Left knee. There was I time when a good had attacked me just wildly at of the blue. Evidently the media was mistakenly running staries I was a cap killer or something to that effect and Mr. Webster attacked me. That when he learned what really happened he came to me and goologized and also stated that his Uyear old daughter had just died. Before this a Mark Martinez, also a grand tried to lure me into an afternation. I hear two hars later that he wants to put me in the brig For not Falling into his trap. I got the paperwork I Filed on both of them IF you'd like to see that was registered as complaints against them. Made Martinez has since became a born again Christian and still works here and so does webster, they always say polite hellos and I Forgave them both over nine years ago. I Feel like I've been here for 20 years and it has been violent, it you offer me the death peralty I would seriously \*1 take it after speaking to ar son First. It's really miserable. I'd rather been an death rail in another state, if I got to suffer than that's have and where I shald suffer Every other prisoners arand here all seem to know each other and seem to always be enjoying themselves and laughing it up and all their petty ways. I can't stomach it and I can't stand them. IF I con't be in a room with a computer and telephone that would only be to benefit this world, then put me in Attica, son question Angold or some other prison where there is true perance and not mockery. I'm not ever going to bring up the sham jury less trial thats all illegal politics and political connections of my dear in laws whom I'll Forever still always lave regardless. But to know the circumstances and what was going on you may wanna read these two motions if your interested and care to truly know; The Motion antitled "Motion to submit what Judge "Perkins told me to write an May 15142002" that I wrote and Filed an May 20TH,